



# healthy heart

HEALTH NEWS AND INFORMATION

## My blood pressure keeps changing

Your blood pressure may change a bit each time it's checked. This is normal.

Your heart adjusts its pumping force as your body's need for blood changes. That's why a single blood pressure reading isn't the best way to diagnose blood pressure problems. However, if your blood pressure is high every time it's checked, then you probably have high blood pressure.

If your blood pressure goes up only at the doctor's office, home monitoring may be needed for accurate readings.

Source: American Heart Association



## BLOOD PRESSURE JUST THE facts

## Which number matters most?

You'll hear two numbers given in a blood pressure reading—so which one matters most?

The top number (systolic) shows the pressure when the heart beats; the bottom number (diastolic) shows the pressure between beats. Both numbers matter, but the top one takes on more importance as we age.

The most common form of high blood pressure in people older than 50 is systolic high blood pressure.

Sources: American Heart Association; National Heart, Lung, and Blood Institute



A LOT OF MISCONCEPTIONS about blood pressure are floating around.

**Myth:** High blood pressure causes such symptoms as nervousness, sweating and trouble sleeping.

**Fact:** High blood pressure often has no symptoms, so you won't know if yours is high unless you have it checked.

**Myth:** Only older people need to have their blood pressure checked.

**Fact:** Even children can have high blood pressure, so it's best to start having regular blood pressure checks early in life.

**Myth:** Only men should worry about high blood pressure.

**Fact:** High blood pressure can develop in anyone. Women account for nearly half of those affected.

**Myth:** People can cut back or quit taking blood pressure medicines if they're feeling OK.

**Fact:** You can have high blood pressure without having any symptoms.

**Fact:** Take them as ordered. Cutting back or quitting can be dangerous to your health. Also maintain any lifestyle changes your doctor suggests to help keep this lifelong disease in check.

Source: American Heart Association

# HEALTHY facts

## SUPPORTIVE SPOUSE MAY LOWER YOUR HIGH BLOOD PRESSURE

Job stress could cause an increase in your blood pressure—unless you have a supportive spouse or partner. In a yearlong Canadian study, blood pressure readings tended to be lower among workers who had supportive relationships.

—American Heart Association

## DEPRESSION RAISES RISK OF FUTURE HEART DISEASE

Depression among adults ages 25 to 50 raises the risk of heart disease in later life. Immune system changes caused by depression may be to blame. To help lower the risk, researchers recommend ongoing treatment for depression.

—American Journal of Preventive Medicine



## healthyheart

HEALTHY HEART is published as a health improvement service for members of COMMUNITY HEALTH PLAN's Cardiac Connections program, 137 N. Belt Highway, St. Joseph, MO 64506, 1-800-990-9247.

Linda Bahrke  
Plan Administrator

Robert Chabon, MD  
Medical Director

Amy Owens  
Marketing/Communications

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HTN19004p

# ANGINA chest pain

WHEN YOUR HEART DOESN'T get enough blood due to blocked arteries, it could send you a painful signal known as angina. Angina can cause pressure or a squeezing pain in your chest, shoulders, arms, neck, jaw or back.

*Stable angina* is a warning that you could have a heart attack in the future. It occurs regularly, often during physical exertion. Its symptoms are easy to recognize. Stable angina usually goes away in a few minutes if you rest or take medicine for it.

Sometimes stable angina becomes *unstable angina*. It's considered unstable if symptoms happen more often, last longer and are more severe than with stable angina. It also occurs without physical exertion and is not helped by rest or medicine. Unstable angina is a sign that a heart attack could occur very soon.

A third type, *variant angina*, is rare. It usually occurs during rest, often between midnight and early morning. Pain is severe, but it can be relieved by medicine.

Of course, chest pain or discomfort could be due to a heart attack or other medical problem. All chest pain should be checked by a doctor, the National Heart, Lung, and Blood Institute advises.

Questions? Call your cardiac care partner at  
**1-800-447-3617.**



## TAKE A CPR CLASS be a lifesaver

### CPR HAS BECOME EASIER TO LEARN AND TO GIVE

ABOUT 80 PERCENT OF CARDIAC arrests that occur outside of a hospital happen in the home. So if you ever encounter a cardiac arrest, there's a good chance it will be happening to someone you know.

No one likes to think about things like that. But here's news that may motivate you to sign up for a cardiopulmonary resuscitation (CPR) class. The American Heart Association (AHA) reports that when CPR is performed well, it doubles or triples survival rates for cardiac arrest.

And the AHA has recommended changes it hopes will make learning, remembering and performing CPR even easier.

If you're doing CPR, you should "push hard and push fast," the AHA

says. In people age 8 and older, you want to compress the chest about 100 times per minute to a depth of about 1½ to 2 inches. The depth of compressions in infants and children younger than 8 should be one-third to half of the depth of the chest. In both adults and children, let the chest return to a normal position after each compression.

The goal of the compressions is to make sure that vital organs get as much blood as possible while the heart isn't beating. When compressions are too slow, too shallow or get interrupted too often, this goal is harder to achieve.

Each rescue breath, the breathing part of CPR, should be a normal breath lasting one second. You want breaths to make the recipient's chest visibly rise.

You can take a class to learn CPR. Contact us for more information.

For information about  
area CPR classes, call  
**1-800-447-2919.**

## History of CPR

Cardiopulmonary resuscitation (CPR) has evolved over the years. Here are some highlights:

### 1891

The first documented chest compressions on humans are recorded.

### 1903

George Crile reports the first successful use of external chest compressions in human resuscitation.

### 1954

It's proved that exhaled air still contains enough oxygen to keep a person alive.

### 1956

Peter Safar and James Elam invent mouth-to-mouth resuscitation.

### 1960

CPR is developed. An American Heart Association (AHA) program designed to familiarize doctors with the procedure becomes the forerunner of CPR classes for the public.

### 1963

The AHA formally endorses CPR.

### 1966

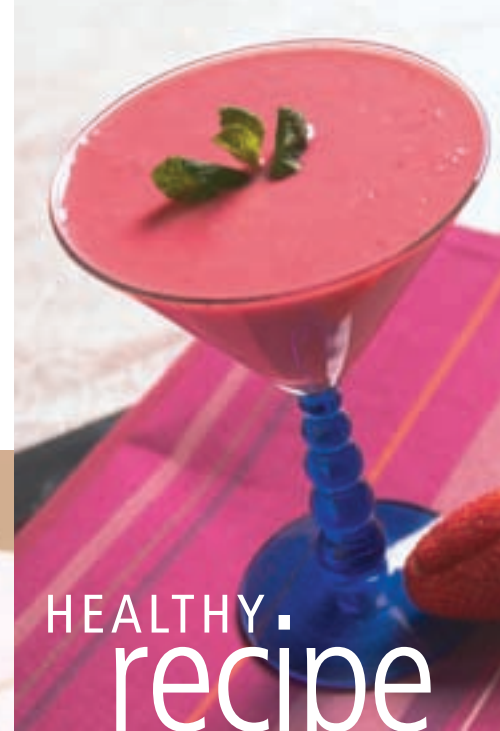
The National Research Council of the National Academy of Sciences holds a conference to help establish standardized training and performance standards for CPR.

### 1972

Leonard Cobb holds the world's first mass CPR training for the public in Seattle, Wash.

### 1981

Emergency dispatchers in King County, Wash., begin instructing callers on CPR over the phone. This is now done nationwide.



## HEALTHY. recipe



# THE big snore

### LOUD SNORING MAY MEAN INCREASED RISK OF STROKE

HAVING TROUBLE SLEEPING? IT could be the result of a breathing disorder called sleep apnea.

With sleep apnea, your breathing stops periodically or gets very shallow during sleep. Sleep apnea can also increase the risk of health problems, such as high blood pressure and heart disease.

To make matters worse, several studies have found a link between sleep apnea and stroke. In one study of about 1,000 people, those with moderate to severe sleep apnea had more than double the risk of stroke.

You may have sleep apnea if you:

- Snore loudly at night.
- Choke or gasp during sleep.

Weight loss and sleeping on your side may help treat the underlying problem.

- Feel overly tired during the day. Your doctor can diagnose sleep apnea and recommend the right treatment for you. You may need to:
  - Avoid alcohol, cigarettes and sleep medications.
  - Lose weight.
  - Sleep on your side instead of your back.
  - Wear a mouth device that repositions the jaw and tongue when you sleep.

People with moderate to severe sleep apnea may need to use continuous positive airway pressure (CPAP). With CPAP, you wear a special mask over your nose during sleep. The increased airway

pressure helps keep your airway open.

Sources: American Sleep Apnea Association; National Institutes of Health

## Summer breezes smoothie

Here's a perfect low-fat thirst quencher.

### Ingredients

- 1 cup low-fat or fat-free plain yogurt
- 6 medium strawberries
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 1 teaspoon vanilla extract
- 4 ice cubes

### Instructions

1. Place all ingredients in blender and puree until smooth.
  2. Serve in frosted glass.
- Makes three servings.

Nutrition facts (per serving)	
Calories 129	Calories from fat 9
Percent Daily Value*	
Total fat 1g	2%
Cholesterol 1mg	0%
Sodium 64mg	3%
Carbohydrate 24g	8%
Protein 6g	
Percent of calories from fat 7	

\*Percent Daily Values are based on a 2,000-calorie diet. Reprinted from Keep the Beat: Heart Healthy Recipes (National Heart, Lung, and Blood Institute, 2003)